



## Have you thought about being a Mentor?



As you reflect on your life, who were the adults or peers who made an impact on your opinions, decisions and actions? Perhaps, through their example, they influenced your values and aspirations. These people were your mentors. Mentoring is simple yet powerful. It's about building a committed relationship, learning from one another, and increasing connections to community. A strong connection between an adult and a young person can encourage the youth to seek and build connections elsewhere-like school, work or family. This process of becoming more connected is vital to a young person's development and success. One-on-one relationships between mentors and mentees are the most popular kind of mentoring taking place in formal programs today. Yet mentoring can also take on a team or group approach. As younger people go through difficult and challenging periods in their lives, the goal of the relationship is for mentors to be there for the youth, to care about them and to help the youth through advocacy, support and patience. There is no checklist of qualities shared by every mentor-but common traits include active listening, dependability and trustworthiness. By offering acceptance to a student, a mentor says explicitly, and through actions, "I believe in you and your ability to reach your potential" *Information provided from Oregon Mentors and PAL*

After considering the importance of mentoring, the Woodburn Chapter of the *Police Activities League* has started a new mentoring program. Mentors meet for one hour a week through April 2011. Please contact Kate Schedler for more information at 503-982-5286. Start Making A Reader Today (SMART) is also looking for volunteers to help K-3rd grade students in Woodburn, who are struggling with reading. One hour a week is all it takes to help. Call the RSVP office at 503-982-5255 to learn more about SMART.



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## News from North Marion Adult Center

3rd Saturday morning **Breakfasts** are back and one will take place on Sept. 18th. Ham, eggs and hot cakes served from 8:30-11am. **Computer User Group** meets the 1st Tuesday of every month. Next meeting 9/07 at 6:30pm. There is a Senior Health Insurance Benefits Advisor (**SHIBA**) in Woodburn who is trained to help people with insurance issues. Call Barbara Campbell at (503)-981-3109 for an appointment. A nurse practitioner is at the senior center the 2nd and 4th Mondays of the month to take blood pressures. This service is available at other times upon request.

Please call Beverlee Koutny at 503-981-3613 in the afternoons Monday through Friday if you have questions.

*RSVP is a division of the National Senior Corp under the auspices of the Corporation for National and Community Service.*



## Sue Speaks Her Mind

Please join *Country Meadows Village* for a very special afternoon when they are joined by **Donald Malarkey**, former non-commissioned Officer with Easy Company in the 101st Airborne Division of the US Army during WW II.

Don parachuted into France early in the morning on D-Day and served more time on the front lines than any other member of Easy Company. Don was never seriously wounded.

Don was awarded the Bronze Star, Purple Heart, Good Conduct Medal, American Campaign Medal, and others.

Don was portrayed in the book and HBO miniseries **Band of Brothers** and also has written his own book, **Easy Company Soldier: The Legendary Battles of a Sergeant from World War II's "Band of Brothers"**

Thursday September 16th, 2010

1:00pm

**COUNTRY MEADOWS VILLAGE**

155 S. Evergreen Road, Woodburn



## Please Help ...

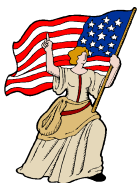
**Volunteers needed: Meals-on-Wheels** is always in need of help, kitchen & dining room help and drivers. Monday-Friday meals are delivered. **Dial-a-Ride** is always in need of drivers. Volunteers use their own car to transport clients to medical appointments. Mileage reimbursement is provided. **Woodburn Visitor's Center** at the Company Stores, 3 hour shifts, Sunday-Saturday. Meet new and interesting people from all over the world. Don't forget the **North Marion Adult Center**. If you have a talent and want to share it with others, let Beverlee know. If there is somewhere you want to volunteer, let me know. I can find a match for you. There are many opportunities throughout the county. Call the RSVP office at 503-982-5255 for more

## Volunteer Hour Report

By completing & returning this hours reporting form, you allow RSVP to be in place to help other volunteers find their niche. If you volunteer at an actual site, there is probably a timesheet. Be sure to record your hours. If there isn't a timesheet, please use this form & return it to the RSVP office by the 10th of each month. You may also email your hours to: [rsvp.woodburn@ci.woodburn.or.us](mailto:rsvp.woodburn@ci.woodburn.or.us)

**A real patriot is the person who gets a parking ticket and rejoices that the system works.**

Bill Vaughan



Your Name: \_\_\_\_\_

Telephone: \_\_\_\_\_ Location: \_\_\_\_\_

Total Hours: \_\_\_\_\_ Month: \_\_\_\_\_ 2010

Project : \_\_\_\_\_ Supervisor's initials \_\_\_\_\_



## Community Information and Education Page

**BINGO, BINGO!** Returns **Tuesday Sept. 7th** at the Woodburn Grange Hall. Doors open at 12 noon. Benefits Senior programs in the community.



**NORTH MARION ADULT CENTER** offers a **FOOT CLINIC first Wednesday** of the month 11am-4pm \$20. Call for appointment, 503-982-4531. **CASCADE PARK FOOT CLINIC** is offered the **2nd & 4th Friday of the month.** 9am to 12 noon. \$20. Call 503-981-0033.



**AARP Driver Safety Program** is now located at **North Marion Adult Center, at the 1st Presbyterian Church 950 N Boones Ferry Rd. Woodburn.** Classes will be held **Sept. 13th & 14th 5:30pm-9:30 pm** both days. Must call 503-981-3613 to register.



**LIBRARY BOOK CLUB** Meets the second Thursday of every month at noon. Feel free to bring your own lunch. The Library will provide coffee, cookies, and soda for everyone. You read the selected book on your own time. On the book club date, come to the library ready to talk about the characters, story, themes, and more. **Sept. 9th: All the Pretty Horses** by Cormac McCarthy. Please spend some time reading this accessible, profound adventure story. Come and talk about books with us!



### News From *Salemtowne*

**CENTER 50+ SALEM SENIOR CENTER** 2615 Portland Rd. NE, Salem 503-588-6303

**Welcome Back Seniors Week, September 07-10, 2010** We will celebrate "coming back to the Center" after our annual maintenance closure and Labor Day holiday. This week will include class kick-offs and many special events including a reception, speakers, special programming, drawings, and prizes. This week will conclude with a **Brazilian Night** which will include live music and an elegant dinner. Hot Brazilian Night will be on 09/10/10. Come enjoy a lovely dinner and an evening of music and dance. Tickets \$10 per person, \$18 per couple. Time: 6:00pm.

**HEALTHY BRAIN CONFERENCE** October 2nd. 9:30am-1:00pm. Half day **FREE** conference will address many aspects of good brain health.

CENTER 50+ is a growing, dynamic organization poised to meet the evolving needs of the 50+ population of today and tomorrow. The Center welcomes input from new participants and partners to help develop a center that meets the needs of those 50 and older.

**AQUATIC CENTER ACTIVITIES:** Water is such a powerful natural element. The pool and spa at the Woodburn Aquatic Center harness that power, providing an environment that is soothing and restorative, as well as just plain fun!

**Open Swim:** Monday-Friday 1-3:30pm Saturday & Sunday 1-5pm

**Lap Swim & Adult Swim:** Monday-Friday 5:30am-4pm & 6-8:30pm Saturday & Sunday 1-5pm (2 lanes open)

**ARTHRITIS AQUATIC CLASS** Tues & Thurs 9:30-10:15 am

**HIP FLEXIBILITY** Fridays 9-10 am

**DEEP WATER FITNESS** Mon & Weds & Fri 8-9 am

**AQUAROBCS** M/W/F 8-9am and Tue/Thu 6-7pm

**DEEP WATER FITNESS** M/W/F 8-9 AM **WATER WELLNESS** M/W/F 9:15-10:15am Tue/Thu 8-9am Also Mon-Thu 6-6:55 pm

Support the local **AWARE** food bank. Non-perishable food and monetary donations accepted. Drop-boxes at City Hall, Library and Senior Estates or at AWARE, 680 N. 1st Mailing address PO Box 551 Woodburn, OR 97071.



**KEIZER/SALEM AREA SENIORS CENTER** 930 Plymouth Dr. Keizer 503-390-7441

**PANCAKE Breakfast** Saturday Sept. 4th 8am. All you can eat for \$3.50 **MONDAY** Breakfast 8-10 am. We have a menu. **Dance** Every Friday 9 am Sept. 10th Theme dance **Foot Clinic:** Thur. Sept 9th & 23rd by appt. 503-390-7441. **AARP Driving Class** Sept. 7th & 9th 12-4pm. 1-4pm. Call to register 503-390-7441. **Sept 19th "Bon Voyage" FUNDRAISER DINNER & DANCE.** Many activities during the week, call center for details 503-390-7441.

**SOUTH SALEM SENIORS** 6450 Fairway Salem 503-588-0748

Daily lunch program by Northwest Senior & Disability Services. Lunch served at noon, Monday-Friday. All seniors 60 years and older. Suggested donation of \$2.75. Volunteers always needed. **Foot Clinic,** every Friday, appt needed 9am.





## WHAT'S HAPPENING

**Out & About** is your guide for fall activities. Look for an exciting list of trips for active adults. **All trips leave from Settlemier Park parking lot.** Register for the trips at the Aquatic Center or call 503-981-7946.

Mt. Angel's **Oktoberfest**—Shuttle. Thursday Sept. 16th is Senior Day. Celebrate the harvest with ethnic food, music, and more. We are providing transportation only for this event and all food and entry fees are on your own. **SHUTTLES** leave every hour on the hour at 10am, 11am, 12pm., from Settlemier Park. Return from Mt Angel is at 12:30pm, 1:30pm, 2:30 and 3:30pm. \$15 includes transportation only.-You must reserve a departure time at time of registration.

**ISLAND CAFÉ**- A floating Portland Restaurant. Floating in McCuddy's Marina on Hayden Island. The menu features everything from classic sandwiches and salads to seafood and burgers. Join us for lunch. **Tuesday, Sept. 28th 10:30am–2pm.** \$15. for transportation only, lunch is on your own.

**WHO'S on THIRD** The kick-off concert series at Woodburn United Methodist Church will be on Sunday Sept. 19th and will feature **Amanda White**. Amanda will be performing a one-women show, doing both keyboard, as well as singing. There will be the usual mid-concert intermission with refreshments. Mark your calendars for **Sept. 19th, 3–4:30pm.** UMC is located at 700 N. Cascade Dr. Woodburn.



Community Services  
Woodburn City Hall  
270 Montgomery Street  
Woodburn, OR 97071

Phone: 503-982-5255  
Fax: 503-980-2448  
Email:  
rsvp.woodburn@ci.woodburn.or.us

RSVP Project Director:



**A bridge between those who need and those who give.**

We're on the web!

[www.woodburn-or.gov/parks](http://www.woodburn-or.gov/parks)



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Marion County Retired & Senior Volunteer Program

